



*Celebrating 15 Years of  
Montana Outdoors-Women*

**JULY 11 – JULY 13, 2008  
LUBRECHT FOREST  
MISSOULA, MONTANA**

***Sponsored by Montana Fish, Wildlife & Parks***

Becoming an Outdoors-Woman is a workshop aimed at women who are 18 years of age or older who want to learn or improve their outdoor skills. This workshop is for you if.....

- \* you have never tried these activities, but hoped for an opportunity to learn.
- \* you are a beginner who hopes to improve your skills.
- \* you know how to do some of these activities, but would like to try some new ones.
- \* you are looking for the camaraderie of like-minded individuals.

"Becoming an Outdoors-Woman" and the logo are copyrighted and protected by UWSP, and cannot be used without permission.

## GENERAL INFORMATION

**Registration** All successful applicants will be notified with a letter of confirmation and directions to Lubrecht Forest. An alternate list will be generated also. Unsuccessful applicants will receive a full refund.

**Cancellation deadline** is June 30<sup>th</sup>, 2008. If you cancel before June 30<sup>th</sup>, you will receive a full refund. After that date, a \$40.00 processing fee will be deducted from your refund. Registrants who do not attend and who do not cancel by July 7<sup>th</sup>, will be assessed the full program fee. You may send a substitute.

**Lubrecht Forest** – Located near the Blackfoot/Clearwater Junction near Seeley Lake, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and dining hall accessible to individuals with disabilities. Paved trails connect these areas. Lubrecht offers terrific meals and can usually accommodate special dietary needs. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.
- **Lodging** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **Cabins** sleep up to 6 people and have bunkbeds and electricity. Shared shower-bath facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Feel free to bring air mattresses, sleeping pads and other personal comfort items. Participants are welcome to bring **tents, campers and RV's**. No pads or hookups are available.

**Equipment** If you participate in the fishing and/or archery classes, please feel free to bring your own equipment. If you do not have equipment it will be provided. **Please do not bring firearms.**

BOW is partnering with the UM Rural Institute on Disabilities MonTECH program, which provides professional services related to disability issues and assistive technology. MonTECH operates an equipment loan library of adaptive equipment for shooting sports and fishing. Individuals with physical disabilities are encouraged to register and participate in the BOW workshop. The Lubrecht facilities are accessible, there will be assistive technology available, and all efforts to provide reasonable accommodations will be made. Please call 444-2615 upon registering to indicate accommodations needed.

**Hunter Education Certificates** Participants attending Beginning Shotgun and Beginning Rifle classes must attach/enclose a copy of their hunter education certificate or NRA certificate. If none, you must have attended the BOW Basic Gun Handling class since 2006.

**Special Needs** If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs.

**What to Bring** The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sunscreen and insect repellent and don't forget a flashlight. Many classes are held outside (rain or shine) so come prepared. Alcohol is permitted at camp. BYOB during the social hour.

**Door Prizes** Participants will have a chance to win door prizes and raffle items at the workshop. Registrations postmarked before June 13<sup>th</sup>, will receive a free raffle ticket in their registration packet. We will have a **Silent Auction** where you can bid on items that interest you. Participants and instructors are invited to bring items for the silent auction. We also have a **BOW Gift Shop** where you can purchase hats, shirts, fanny packs and other items. All proceeds go back to the Montana BOW program. Don't forget to bring your pocketbook.

**Car Pool** A list of the participants for the workshop will be sent to those who request it, so that car pooling can be arranged.

**Wildfires** Unfortunately, Montana has suffered from drought conditions for the last several years. If the workshop were cancelled due to the fire danger, all persons registered will receive a full refund.

### **Contact Information**

Montana Fish, Wildlife & Parks – (406) 444-2535  
TTY/TDD – Telephone Device for the deaf – (406) 444-1200

# 2008 WORKSHOP SCHEDULE

## FRIDAY, JULY 11, 2008

10:00 am - 11:30 pm Registration and Check In  
11:30 – 12:00 pm Welcome and Overview  
12:00 pm - 1:00 pm Lunch

### Session I - 1:00 pm to 4:30 pm

1A Basic Gun Handling ☺ ++  
1B Introduction To Canoeing  
1C Dutch Oven Cooking ☺  
1D Basic ID of Wild Plants  
1E Beginning Fly Fishing  
1F Knots, Knots, Knots ☺  
1G Wilderness Survival  
4:30 pm Social Hour - Dutch Oven Treats  
6:00 pm Dinner  
7:00 pm Evening Program  
8:00 pm Door Prizes

## SATURDAY, JULY 12, 2008

7:00 am - 8:00 am Breakfast

### Session II - 8:00 am to 11:30 am

2A Introduction To Canoeing  
2B Intermediate ID Of Wild Plants: Riparian Areas  
2C Beginning Rifle ☺ (P)  
2D Introduction To Archery ☺ ++  
2E Map & Compass ☺ (P)  
2F Getting Outdoors With Kids  
2G Beginning Fly Fishing

12:00 am - 1:00 pm Lunch

(P) = See workshop descriptions for prerequisites for these classes.

☺ = This class is accessible to persons with disabilities

++ = Adaptive equipment available for persons w/ disabilities

## SATURDAY, continued

### Session III - 1:00 pm to 4:30 pm

3A Dutch Oven Cooking ☺  
3B Intermediate ID Of Wild Plants: Upland Forest  
3C Beginning Shotgun ☺ (P)  
3D Introduction To Backpacking  
3E Wilderness Survival  
3F Bait & Lure Fishing ☺  
3G Beginning Fly Tying ☺

4:30 pm Social Hour - Dutch Oven Treats  
6:00 pm Dinner – Wild Game Feed Dinner  
7:00 pm Evening Program – Vince Yannone  
8:30 pm Door Prizes and Silent Auction

## SUNDAY, JULY 13, 2008

7:00 am - 8:00 am Breakfast

### Session IV- 8:00 am to 11:30 am

4A Canoeing On The River (P)  
4B Fly Fishing On The River (P)  
4C Map & Compass Field Course (P)  
4D Introduction To Archery ☺ ++  
4E Beginning Fly Tying ☺  
4F Bird Identification ☺  
4G Take A Hike!

12:00 - 1:00 pm Lunch

**Pack up and drive home safely.**

(P) = See workshop descriptions for prerequisites for these classes.

☺ = This class is accessible to persons with disabilities

++ = Adaptive equipment available for persons w/ disabilities

**2G. Beginning Fly Fishing** – Repeat of Class 1E.

**3A. Dutch Oven Cooking** – Repeat of Class 1C.

**3B. Intermediate ID Of Wild Plants: Upland Forest** – If you've already had a little experience with the basics of plant ID (at BOW or elsewhere) and are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the upland forest of the Garnet Mountains. A few hundred feet elevation gain, and differences in soils and degree of slope all combine to present a very different array of plant species from those found near water. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in riparian plants, see Class 2B.

**3C. Beginning Shotgun** - Types of shotguns, patterning and shotshell ammunition will be reviewed. Participants will learn gun fit, proper shooting stance and basic shooting techniques while shooting at clay targets. Instructor to be announced \*\* Participants must have taken the Basic Gun Handling class at a BOW workshop between 06 and this year's workshop, or attach a copy of their hunter ed or NRA certificate with the registration.

**3D. Introduction To Backpacking** – Join instructor **Kathie Burke**

and learn about backpacking equipment and supplies, packing techniques, meal preparation and most important – safe, happy camping! Then pack up for a 1 ½ mile hike to set up your mock camp close to Lubrecht. That evening, participants have the option to sleep in a tent at the mock camp or go back to your lodging at Lubrecht. In the morning, you'll pack up and return borrowed equipment and hike back to Lubrecht in time for breakfast. Participants must bring a sleeping bag and pad. Bring a backpack if you have one. Other equipment and supplies will be provided, but feel free to bring items to ask about their use and appropriateness. More detail provided in your confirmation letter.

**3E. Wilderness Survival** – Repeat of Class 1G.

**3F. Bait & Lure Fishing** - Go fishing with **Jim Vashro**, a fisheries biologist with FWP. Jim teaches youth fishing classes and loves to share his knowledge of Montana's fish. This course will be an introduction to the equipment and skills necessary for a novice to begin to enjoy fishing. Participants will learn about fish habitat, equipment selection, knot tying and casting using spinning rods and bait casting.

**3G. Beginning Fly Tying** – Catching a fish on a fly you've tied is like catching a fish twice. **Dave Hagengruber**, aquatic education coordinator for FWP, will help you tie wet flies, dry flies and nymphs that you can use on your next fishing trip.

**4A. Canoeing On The River** – Join canoe instructors **Judy Boyce, Phyllis Friesz, Jim Mead** and **Joan Miller** for a leisurely float on the Clearwater River canoe trail. This 3-mile canoe trip will provide an opportunity to test your skills on a scenic, slow moving waterway. \*\* Participants must have completed classes 1B or 2A.

**4B. Fly Fishing On The River** – Spend a relaxed morning practicing your new fly fishing skills. This class gives you plenty of time to develop your casting technique. **Jane Latus-Emmert** will be on hand to help you 'read' the water and improve your fly presentation. She'll show you how to properly release a fish too.

\*\* Participants must have completed Classes 1E or 2G.

**4C. Map & Compass Field Course** - Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class, taught by **Darlene Edge**. \*\* Participants must have taken the Map & Compass class in either this workshop or a previous workshop.

**4D. Introduction To Archery** – Repeat of Class 2D.

**4E. Beginning Fly Tying** – Repeat of Class 3G.

**4F. Bird Identification** – Wildlife biologist and bird lover **Pat Jamieson** will share the joy of bird watching with this class. Pat will cover optical equipment, field guides, bird biology and identification tips while out in the field looking at birds. A "show and tell" display of field guides and bird books will be available. Binoculars will be provided, or bring your own. Dress for cool (windy or rainy) Montana mornings and enjoy a bird walk around camp. Both beginner and veteran bird watchers are welcome.

**4G. Take A Hike!** - Join wildlife biologists **Carolyn Sime** and **Kristi DuBois** for a low stress hike. We'll explore the nearby forest for flowers, birds, wildlife and other natural wonders. There will be time for taking photograph, journaling and quiet reflection. Bring a water bottle, walking stick, daypack, and proper foot gear for an enjoyable walk in the woods.



## Workshop Descriptions

- 1A. Basic Gun Handling** - This class will cover various types of firearms, the basics of firearm safety, and information on selecting and purchasing guns. **Wendy Kamm, Kathy Irwin & Twana Bourke** are hunters and Hunter Education Instructors. No actual shooting will take place. This class is a prerequisite for anyone who does not have a hunter ed or NRA certificate and wishes to register for the rifle and shotgun classes.
- 1B. Introduction To Canoeing** - ACA certified canoe instructors **Judy Boyce, Phyllis Friesz, Jim Meade** and **Joan Miller** will introduce you to the popular sport of canoeing. Geared for the beginning canoeist, participants will learn about canoe equipment, clothing and practice basic paddle strokes on flat water. Bring rain gear and extra clothes in case you get wet. This class is a prerequisite for Canoeing On The River – Class 4A.
- 1C. Dutch Oven Cooking** - Learn the “art” of Dutch oven cooking with **Bob Dowdy** and see how easy outdoor cooking can be. Bob is the director of the North-Central Montana Chapter of the International Dutch Oven Society. Participants will prepare dishes, which will be served as appetizers during social hour Friday and Saturday evening.
- 1D. Basic ID Of Wild Plants** – Basic terminology, observation techniques, and helpful field guides and ID books will be discussed, with lots of “hands-on” identification of trees, shrubs and flowering plants, while rambling around the meadows and forests near camp. Designed for someone with no previous formal experience with plant ID. Instructor is **Jan Nixon**.
- 1E. Beginning Fly Fishing** - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana. **Jane Latus-Emmert** has been fishing Montana’s rivers for years and will show you the proper techniques. Fishing equipment will be provided, or bring your own. This class is a prerequisite for Fly Fishing On The River – Class 4B.
- 1F. Knots, Knots, Knots** – You need to hang the bear bag or tie up the canoe and you don’t know a half-hitch from a square knot. Instructor **Gene Hickman** will take the mystery out of knots and when to use them. Knots you’ll learn to tie include the clove-hitch, bowline, taut line hitch, slip knot, sheet bend and others. Learn about lashing and some practical uses of knots and ropes. Participants will also learn how to make cordage (a light weight rope) from natural materials.

- 1G. Wilderness Survival** - Taught by **Chris Dover**; this class will introduce participants to the necessary skills for surviving a night(s) outdoors. Chris trains search dogs and volunteers with a search dog rescue group. She will discuss shelter building, fire making, woods awareness and proper clothing.
- 2A. Introduction To Canoeing** – Repeat of Class 1B.
- 2B. Intermediate ID Of Wild Plants: Riparian Areas** – If you’ve already had a little experience with the basics of plant ID (at BOW or elsewhere) and are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the streamsides, pond and marshy areas near camp. Water is a key to the presence of many species not able to survive in drier habitats. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in forest plants see Class 3B.
- 2C. Beginning Rifle** - Hunter Education Instructors **Wendy Kamm, Kathy Irwin & Twana Bourke** will teach basic shooting techniques. Participants will have an opportunity to shoot .22 caliber and larger caliber rifles. \*\* Participants must have taken the Basic Gun Handling class at a BOW workshop between 06’ and this year’s workshop, or attach a copy of their hunter ed or NRA certificate with the registration.
- 2D. Introduction To Archery** - Bowhunter Education Instructor **Cherrie Angel** and **Becky Arbuckle**, both avid outdoors-women, will teach you how to select bows and arrows and show you other basic archery equipment. Participants will try stationary and aerial shooting and learn archery games. Bring your personal bow or one will be provided for you.
- 2E. Map & Compass** - Do you own a compass? Then learn how to correctly use it. Knowledge of land navigation skills is important for travelers in the backcountry. Bring a compass, or we’ll loan you one and learn to navigate with confidence. **Darlene Edge**, avid outdoors woman, will teach you how to use a compass and read a topographic map. Some outdoor exercises are involved so dress accordingly. This class is a prerequisite for the Map & Compass Field Course – Class 4C.
- 2F. Getting Outdoors With Kids** – This is the age of discovery. Join instructor **Jennifer Harris** and learn how to connect your kids and nature. Camping, hiking, paddling and climbing can be fun with your children. Learn how to plan, endure and embrace your outdoor adventures with kids to help you from getting overwhelmed. Spending time outdoors provides quality family time, unplug’em and **Plug Into Nature!**

# 2008 Workshop Sponsors

## Workshop Sponsors

Canoe & Kayak Magazine  
Capitol Sports & Western - Helena  
MT Fish, Wildlife & Parks  
Rocky Mountain Elk Foundation  
Medicine River Canoe Club – Great Falls  
DOC's Sandwich Shop - Missoula

## National Sponsors

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Pope & Young Club  
Rocky Mountain Elk Foundation  
Safari Club International  
U WSP Foundation, Inc.  
U Of W - Stevens Point, College of Natural Resources



# Find your place outdoors!

Since 1994, Montana Fish, Wildlife & Parks has offered the Becoming an Outdoors-Woman (BOW) program. Our mission is to provide educational opportunities for persons to better understand, appreciate and take part in outdoor pursuits.

Visit our website to learn more about the Montana BOW program and up-coming workshop. [www.fwp.mt.gov](http://www.fwp.mt.gov)

June 20-22 - Fly Fishing in the Flathead - West Glacier  
June 22 - Rock Climbing - Helena  
June 28 or 29 - Learn to Kayak - Bozeman



# REGISTRATION FORM

## *BECOMING AN OUTDOORS WOMAN*

**JULY 11-JULY 13, 2008**

**LUBRECHT FOREST  
MISSOULA, MONTANA**

Please separate this form from the rest of the brochure and  
mail the completed form to the address printed inside.

**Registration forms must be mailed. Registrations will not  
be accepted by phone, fax, in person or on forms other than  
this one. Registration fee must be included with this form.**

**Enrollment is limited. Spaces will be filled as  
registrations are received.**

Only one person may register per form.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City - State - Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email : \_\_\_\_\_

Birth Date : \_\_\_\_\_

Age Limit : 18 years of age or older

I attest that I am at least 18 years old. I acknowledge that my participation in the Becoming an Outdoors Woman Workshop sponsored by Montana Fish, Wildlife & Parks involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which the department has no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana and Montana Fish, Wildlife & Parks harmless from and against any claim. I also understand that photos/videos may be taken for promotion of the program.

\_\_\_\_\_  
(Signature)

**Workshop Fee** - includes instruction in sessions, program materials and use of demonstration equipment.

- \_\_\_\_\_ \$220.00 includes accommodations in a lodge and meals.
- \_\_\_\_\_ \$200.00 includes accommodations in a cabin and meals.
- \_\_\_\_\_ \$185.00 includes tent/camper space (circle one) & meals.
- \_\_\_\_\_ \$175.00 includes meals; I have lodging off camp.

[ ] Check or money order enclosed. Make payable to FWP

[ ] Bill Credit Card      [ ] Visa      [ ] Master Card

Name as it appears on credit card: \_\_\_\_\_

Card # \_\_\_\_\_

Expires: \_\_\_\_\_/\_\_\_\_\_  
(month)      (year)

\_\_\_\_\_ **Scholarships** - A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (\$100 or \$120). Preference is given to full-time students and single-parent households.

\_\_\_\_\_ Teachers - I would like to receive OPI Renewal Units for attending this inservice.

\_\_\_\_\_ Release my name & phone number for carpooling purposes.

# CONCURRENT SESSIONS

## Please read instructions.

Select your top (5) class choices by ranking them from 1 to 5 (1 being your first choice) in each session. Classes are filled in the order in which the registrations are received. Strike-out classes that you don't wish to take part in. (\*\*) See workshop descriptions for prerequisites for these classes.

**FRIDAY,  
JULY 11**

### SESSION I

**1:00 pm to 4:30 pm**

- \_\_\_\_\_ 1A Basic Gun Handling & ++
- \_\_\_\_\_ 1B Introduction To Canoeing
- \_\_\_\_\_ 1C Dutch Oven Cooking &
- \_\_\_\_\_ 1D Basic ID Of Wild Plants
- \_\_\_\_\_ 1E Beginning Fly Fishing
- \_\_\_\_\_ 1F Knots, Knots, Knots &
- \_\_\_\_\_ 1G Wilderness Survival

**SATURDAY,  
JULY 12**

### SESSION II

**8:00 am to 11:30 am**

- \_\_\_\_\_ 2A Introduction To Canoeing
- \_\_\_\_\_ 2B ID of Wild Plants – Riparian Areas
- \_\_\_\_\_ 2C Beginning Rifle \*\* & (P)
- \_\_\_\_\_ 2D Introduction To Archery & ++
- \_\_\_\_\_ 2E Map & Compass & (P)
- \_\_\_\_\_ 2F Getting Outdoors With Kids
- \_\_\_\_\_ 2G Beginning Fly Fishing

### SESSION III

**1:00 pm to 4:30 pm**

- \_\_\_\_\_ 3A Dutch Oven Cooking &
- \_\_\_\_\_ 3B ID of Wild Plants – Upland Forest
- \_\_\_\_\_ 3C Beginning Shotgun \*\* & (P)
- \_\_\_\_\_ 3D Introduction To Backpacking
- \_\_\_\_\_ 3E Wilderness Survival
- \_\_\_\_\_ 3F Bait & Lure Fishing &
- \_\_\_\_\_ 3G Beginning Fly Tying &

**SUNDAY,  
JULY 13**

### SESSION IV

**8:00 am to 11:30 am**

- \_\_\_\_\_ 4A Canoeing On The River \*\* (P)
- \_\_\_\_\_ 4B Fly Fishing On The River \*\* (P)
- \_\_\_\_\_ 4C Map/Compass Field Course \*\* (P)
- \_\_\_\_\_ 4D Introduction To Archery & ++
- \_\_\_\_\_ 4E Beginning Fly Tying &
- \_\_\_\_\_ 4F Bird Identification &
- \_\_\_\_\_ 4G Take A Hike!

\_\_\_\_\_ I'll bring an item to donate to the Silent Auction

Roommate preference (please list **only one**) \_\_\_\_\_

Room/Cabin style preference: Are you a:

Early Bird \_\_\_\_\_ Night Owl \_\_\_\_\_

Please **circle** t-shirt size      S      M      L      XL      XXL

Please circle if bringing own equipment:      Fishing      Archery

**Complete and mail registration form and fee,**

**Payable to:**

**FWP**

**PO Box 200701**

**Helena MT 59620-0701**

**No registrations will be accepted by phone, fax, in person, or on forms other than this one. Enrollment is limited. Spaces and classes will be filled as registrations are received.**

FOR OFFICE USE ONLY

# \_\_\_\_\_ Date Rec'd \_\_\_\_\_ Amount Pd \_\_\_\_\_

Check # \_\_\_\_\_ Cabin/Rm # \_\_\_\_\_

Notes: